

THE LIFESTYLE SUITE

REPRESENTING AUSTRALIA'S LEADING HEALTH AND LIFESTYLE EXPERTS

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THE LIFESTYLE SUITE

THE LIFESTYLE SUITE IS THE HOME OF AUSTRALIA'S MOST INFLUENTIAL HEALTH & LIFESTYLE TALENT - REPRESENTING EXPERTS IN EVERYTHING FROM MEDICINE TO PSYCHOLOGY, ANIMAL HEALTH TO SPORT, AND NUTRITION TO DESIGN, ALL UNDER ONE ROOF.

THE LIFESTYLE SUITE TALENT

The Lifestyle Suite Talent (TLS Talent) is Australia's only talent agency representing Australia's leading health, sport and lifestyle experts. We work with Australia's best loved media doctors, health practitioners, elite athletes, lifestyle educators and influential experts who can provide advice and support in the areas of health and wellbeing to the Australian public.

Our talent are experienced in all areas of media including television, radio, print and social and digital platforms. They are available for brand endorsements and ambassador activities, PR and advertising campaigns including media interviews and launches, corporate and keynote speaking, event hosting and appearances, charity and philanthropic work and content creation.

FOR OUR TALENT WE PROVIDE:

- Support to build their digital and broadcast media presence.
- Opportunities to build and develop their profile through appearances, events and speaking engagements
- Relationships that will allow them to match their brand with others that offer synergistic commercial opportunities.

MANAGING DIRECTOR, SIMONE LANDES

Simone has more than 25 years experience in talent management across diverse industry groups. Prior to starting the business, Simone was a Director at Macquarie Bank, working as a senior member of their Talent Acquisition and Talent Management teams. Simone has extensive experience working in the corporate sector, is skilled in acquiring and developing new talent and is passionate about working closely with her talent to develop and nurture their careers.



MEDICINE

tl's



EXPERT BIO

DR GINNI MANSBERG

GP & TV PRESENTER

6 CHILDREN, A BUSY GP PRACTICE AND TV COMMITMENTS IS ENOUGH TO SLOW MOST PEOPLE DOWN, BUT NOT DR GINNI MANSBERG, AUSTRALIA'S MOST TRUSTED HEALTH CARE PROFESSIONAL.

Voted Australia's most trusted healthcare professional, "Sunrise GP", Ginni is a medico with more than 25 years of experience and a specialist in all things women's health, menopause, parenting, skin and preventative health.

She is Channel 7's resident GP on Sunrise and The Morning Show, host of Channel 9's Embarrassing Bodies Australia, and expert on SBS's Medicine or Myth.

She's the author of six books the most recent of which, *Save Your Brain* was released earlier this year and a recognised speaker, podcast host and creator. Ginni delivers easy to understand, scientifically validated health advice, all delivered without judgement and with her customary sense of humour. She's a popular choice for content and campaign partnerships, broadcast opportunities and presenting.

Having completed a Graduate Diploma of Journalism at UTS,

she is also a best-selling author and has worked extensively as a medical journalist, contributing regular feature articles and columns for a range of consumer and trade publications.

In addition to her clinical and media work, she also sits on a number of Advisory Boards, and is a supervisor in the medical faculty at the University of Notre Dame.

Ginni also runs a medical consulting practice and is the cofounder and Medical Director of cosmeceutical skincare company, ESK as well as her workplace wellness company, Don't Sweat It- Menopause in the Workplace.

Dr Ginni is available for media interviews and appearances, PR campaigns, and TV and radio presenting.



For more, contact hello@thelifestylesuite.com

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EXPERT BIO

DR PREEYA ALEXANDER

PRACTISING GP, MUM OF TWO, AUTHOR AND TV PRESENTER

DR PREEYA ALEXANDER IS A PRACTISING GP BASED OUT OF MELBOURNE, PASSIONATE ABOUT ALL THINGS 'PREVENTION' IN MEDICINE AND ON A QUEST MAKE COMPLEX HEALTH INFORMATION DIGESTABLE FOR EVERYONE.

Dr Preeya Alexander is a practicing GP working in Richmond, Melbourne and holds a Bachelor of Medicine & Bachelor of Surgery from Adelaide University.

As a doctor and mum, Preeya is passionate about preventative medicine and improving health literacy so people can make informed decisions when it comes to their health; she shares her tips/experiences and medically evidence-based thoughts across her blog and social platforms - Doctor Preeya Alexander.

Across her platforms, Preeya, with her wisdom, intellect and relatable tips and information, has built a loyal and engaged following - becoming the voice of a generation.

Dr Preeya has featured as an expert on The Drum, medical program The Good TV/Health Minute and The Good Life on Talking Lifestyle (radio) and is the current co-host of channel 10's Good Chef Bad Chef. She has also hosted a 2-part series on ABC's flagship science program Catalyst.

She is a regular contributor to online publications such as The Grace Tales, Mamamia and other lifestyle websites, finding a way to combine her passion for medicine and her role as an educator to become a shining example of the qualified 'expert influencer'.

Preeya launched her first book 'Eat Sleep Play Love' - a practical non-judgemental evidence-based book designed for parents of babies 0-2 years.

Aside from her work as a GP, Preeya is also a passionate cook, particularly skilled at throwing as many vegetables as possible into a meal. She is a huge fan of her veggie patch and particularly enjoys preparing family meals with home grown vegetables. She also has a love for travelling, reading fantasy novels, and walking and talking with friends and family!

Dr Preeya Alexander specialises in preventative health, general medicine, mental health, paediatric and women's medicine and sexual health and is available for expert medical commentary, keynote speaking, media campaigns and brand partnerships.



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EXPERT BIO

DR MICHELA SORENSEN

GP & WOMEN'S HEALTH ADVOCATE

AS A GP & WOMEN'S HEALTH ADVOCATE THE PAST FEW YEARS HAS SEEN DR MICHELA SORENSEN BUILD A REPUTATION FOR BREAKING DOWN MEDICAL INFORMATION INTO EASILY DIGESTIBLE MESSAGES RELEVANT TO EVERYDAY AUSSIERS.

Her warmth and trustworthiness made her a favourite guest on Seven Network's The Morning Show & The Daily Edition, and she has been quoted in ABC News, News.com.au and Mamamia on topics including vaccination, skin cancer protection and mental health challenges faced by children during the pandemic.

Currently practicing in Sydney where she lives, Michela also has extensive experience working in rural and isolated locations and is passionate about building empowered and thriving regional communities; something she believes is possible by enabling access to, and a better understanding of, reliable health information. Growing up in the country, where the nearest doctor (often booked out months in advance) was 200km away - Michela realised the value of reliable healthcare at an early age. She understands the value of a good relationship and convenient access to a medical professional.

A graduate of the University of Newcastle in 2011 and admitted to the Royal Australian College for General Practitioners in 2013,

Michela has worked in rural Uganda, Alice Springs, Karratha (WA) and far north Queensland. These experiences reinforced her conviction that only healthy communities can truly prosper.

Michela also has a keen interest in women's health, paediatrics, fertility and mental health; in particular, the challenges facing young women in the digital age, such as the pressures of 'hustle culture' and beauty standards displayed on social media.

In her clinic, she works extensively with women aged 14 to 30, responding to the unique needs of this group by not only supporting them in understanding and managing their physical wellbeing but also supporting them to build resilience and enhance their mental wellbeing.

Dr Michela Sorensen is available for expert medical commentary, keynote speaking, media campaigns and brand partnerships.



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FOOD & NUTRITION

tl's

DR JOANNA MCMILLAN

DIETITIAN, NUTRITION SCIENTIST AND FOOD FUTURIST

DIETITIAN DR JOANNA MCMILLAN IS ONE OF AUSTRALIA'S FAVOURITE AND MOST TRUSTED HEALTH & WELLBEING EXPERTS. A PHD QUALIFIED NUTRITION SCIENTIST AND ACCREDITED PRACTISING, SHE IS NOW ALSO CERTIFIED IN SUSTAINABLE FOOD PRODUCTION & PROCESSING.

A regular on TV across all channels, Jo appeared as a host on ABC's flagship science show Catalyst – The Truth About Fasting, Beating Diabetes and the three-part series Gut Revolution – and has appeared regularly on the Nine Network's Today Show for more than 15 years.

Jo is a popular guest on a variety of radio networks and podcasts, as well as contributing to online and print publications, including her popular long-running column My Day on a Plate in Sunday Life.

With a passion for busting the misinformation and conflicting messages that abound on the topic of nutrition and lifestyle choices for the health of both us and our planet, Jo says:

“My goal is to translate the science and emerging research into what that really means for us all, now and in the future, in terms of what and how we eat, and the lifestyle choices we make, to help us to look and feel our best at every age, while giving us the best chance of optimal health. Importantly it should add joy and pleasure to life, not take it away! At the same time, we increasingly have to think about how these choices impact the health of our planet, shaping the way we eat in the future.”

Jo has a natural ability to translate complex science into simple, everyday messages that engage; benefiting the wellbeing of audiences across all media platforms, be it broadcast, audio, print or in front of a live audience.

Truly understanding the business of food, Jo has worked as an independent nutrition consultant to many food companies and industries over the years providing support and guidance in key decisions affecting nutrition guidelines, product development and consumer interest. She is also a non-executive director at Cobram Estate Olives.

With a powerful, passionate and relaxed presenting style, Jo holds the attention of audiences wherever she goes. Her versatility as a speaker has allowed her to not only deliver workshops and keynotes but also to host and moderate large scale corporate and high-profile public events including her role as interviewer for Jamie Oliver on his last trip to Australia.

Jo is an Adjunct Senior Research Fellow with La Trobe University, a Fellow of the Australasian Society of Lifestyle Medicine and a Graduate of the Australia Institute of Company Directors. Passionate about understanding the impact of our diets on the sustainability of our world, Jo recently completed her certification in Sustainable Food: Production and Processing from the University of Cambridge, solidifying her skills and experience and passion in this area.

She has authored eight books and four Audible books (Gutfull, Mindfull, Heartfull & Food Fight) and is a proud ambassador for Diabetes Australia, Foodbank and The Orangutan Alliance.

Joanna is available for keynotes, brand and campaign partnering, content creation and media opportunities.





EXPERT BIO

JAIME ROSE CHAMBERS

NUTRITIONIST, DIETITIAN & COOK

JAIME IS PASSIONATE ABOUT EVERY ASPECT OF FOOD; HOW IT'S GROWN, PRODUCED AND PACKAGED; HOW IT BRINGS PEOPLE TOGETHER AND MAKES THEM FEEL; AND HOW IT AFFECTS OUR BODIES AND HEALTH.

Jaime is an Accredited Practising Dietitian (APD) and Nutritionist who holds a Bachelor of Nutrition & Dietetics from the University of Newcastle and a Graduate Diploma in Clinical Science (Complementary Therapies). A lover of food, Jaime considered a career as a chef and a doctor before deciding to combine her two passions, food and health.

Today her days are spent helping her patients understand their food behaviours, patterns in their eating, dietary challenges and how they can work towards a happier and healthier future whilst still being able to enjoy the foods they love.

Jaime works with a wide range of patients across a range of conditions including overweight and obesity, high cholesterol, blood pressure and heart disease, diabetes and insulin resistance, food allergies and intolerances, polycystic ovarian syndrome and other hormonal issues as well as some cancers.

She is passionate about children's health, particularly now as the mother of 2 boys and has previously worked as a Nutrition Leader for Go4Fun, an NSW Government project targeted at improving the overall health and

wellbeing of overweight and obese children aged 7 to 13, by educating both them and their parents.

She is strongly affiliated with the Prostate Cancer Centre at St Vincent's Hospital and speaks at support groups for individuals with prostate and breast cancer.

Jaime is a well-respected voice in diet and nutrition and is the author of two books focused on the 16:8 Intermittent Fasting protocol, published by Pan Macmillan. She has delivered a number of corporate seminars on various nutrition topics, is a regular contributor to publications such as Body + Soul, appears regularly on The Today Show, Today Extra and A Current Affair.

It's Jaime's passion and absolute love for what she does that have earned her true warmth and respect from everyone she meets – patients and the public alike.

Jaime is available for all types of media and PR opportunities, TV and radio presenting, recipe creation, cooking demonstrations, appearances, events, corporate speaking and training.



For more, contact hello@thelifestylesuite.com

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EXPERT BIO

SIMON TOOHEY

COOK, PLANT BASED ADVOCATE AND SUSTAINABILITY ENTHUSIAST

IT'S ONE THING TO BE ENTHUSIASTIC ABOUT PREPARING AND EATING FOOD, BUT SIMON TOOHEY'S PASSION GOES MUCH DEEPER THAN THAT.

The talented foodie and YouTube personality, who proved his cooking prowess to the nation on Masterchef, and more recently as the host of Freshly Picked on Channel 10 is driven by a desire to completely transform the process of food production. Sustainability is at the heart of everything Simon serves up.

He's particularly keen to get Aussies excited about eating more vegetables and less meat – in fact, he was widely credited with making vegies cool when he appeared on Masterchef in 2019 (finishing in third place) then again in 2020. Between seasons, he launched a pop-up vegan smokehouse in Melbourne that was so popular he had to extend its run, and also co-founded the Sustainable Earth Network (SEN). The aim of SEN is to promote whole ingredients, plant-based nutrition and zero food waste and the platform offers videos showcasing everything from roasting cauliflower to foraging for mushrooms.

In 2021, Simon joined the team at HSquared, to create a new show, Freshly Picked, a TV series celebrating local producers and plant-based meals, hosted by Simon. His sparky personality shines through this series and right across the show which airs weekdays on Channel 10.

Part of why Simon draws large crowds at events and often creates buzz on social media is his relentless dedication to sustainable food and farming practices. Part of it, too, is his natural magnetism. Simon isn't just someone you want preparing your meal, he's someone you want to sit down and eat it with afterwards.

That charisma, coupled with an Instagram following of more than 100k, has made him a great fit for brand partnerships, with Simon having been appointed an ambassador for Dilmah Tea, 1589 Hotels and Melbourne's Wine & Cheese Fest.

Simon holds an Advanced Diploma in Hospitality Management and a Bachelor of Tourism Management from the University of Canberra, as well as a Masters in Gastronomy from Queen Margaret University in Edinburgh, Scotland. He's also a past winner at Tales of the Cocktail Spirited Awards, a global competition honouring excellence in bartending.

Simon is available for media and PR opportunities, TV presenting, corporate hosting and speaking, and brand partnerships.



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SPORT & RECREATION

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EXPERT BIO

ELLIE COLE

**PARALYMPIAN, SPEAKER, PRESENTER
& DISABILITY ADVOCATE**

PARALYMPIAN ELLIE COLE IS LIKE NO ONE YOU'VE EVER MET BEFORE. AFTER LOSING HER RIGHT LEG TO CANCER AT AGE 3, AT THE 2020 TOKYO PARALYMPICS, SHE BECAME AUSTRALIA'S MOST DECORATED FEMALE PARALYMPIC ATHLETE.

With a record-breaking 17 Paralympic medals and an OAM to her name, Ellie Cole is an extraordinary athlete. Overcoming injuries and adversity, Ellie has risen to prolific heights and, in recognition was honoured as the flagbearer at the Tokyo 2020 Closing Ceremony.

Ellie is raw and real, funny and wonderfully charismatic, refreshingly humble and completely unaware of the true inspiration she is. As an accomplished speaker, she finds ways to connect with a variety of different audiences; whether students, corporate teams or senior boards. Ellie is incredibly passionate about the subject of diversity and inclusion, leveraging her strong platform as a media personality and former athlete to highlight important causes like #WeThe15 – a movement that endeavours for disability visibility and representation.

In 2020, Ellie featured in the Netflix original film, Rising Phoenix - a documentary that explores global understanding of disability and the excellence that is encouraged by the Paralympic Games. No stranger to the stage or screen, Ellie has been instrumental in a number of global initiatives to promote diversity and inclusion – starring in WOWOW Japan's WHO I Am series,

being invited to speak at the Cannes Lions in 2019 on the subject of diversity and inclusion not only in sport but in life, and closer to home partnering with her sponsors to deliver greater awareness of and support for the Paralympic movement and the disability community.

She has a strong and engaged social following and is well loved by the media both here and abroad. She has appeared in countless magazines and broadcast programs across a variety of networks spanning the 7 network, the ABC, SBS, 9 and 10 and most recently was announced as a key member of the Channel 9 commentary team for the Paris Olympic and Paralympics Games in 2024 and as a regular host on 9's Sport Sunday program.

Ellie has been featured on the cover of and in the pages of countless magazines - including Womens Health and Body & Soul, Vogue, Harpers Bazaar, and many more.

It is Ellie's charisma and her unrivalled sense of humour that make her truly magnetic. She tells her inspiring story with her customary humility, never for a second dwelling on the odds she has beaten to be where she is today.

Ellie is available for media and PR opportunities, corporate hosting and speaking, commentating and brand partnerships.



For more, contact simone@thelifestylesuite.com

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EXPERT BIO

MOLLY TAYLOR

RALLY CAR DRIVER & TV PRESENTER

WITH BOTH HANDS ON THE STEERING WHEEL AND ONE FOOT FIRMLY ON THE ACCELERATOR, MOTORSPORT CHAMPION MOLLY TAYLOR IS LIVING LIFE IN THE FAST LANE – AND SHOWING NO DESIRE TO HIT THE BRAKES ANYTIME SOON.

At a remarkably young age, Molly has amassed a swag of accolades, having won the Australian Rally Championship, European Ladies Championship and Peter Brock Medal, one of the most prestigious awards in Australian motorsports.

In a sport dominated by men, Molly is proud to be defying stereotypes. She was the first female driver to achieve a podium position in the Junior World Rally Championship, finished third in the illustrious Rally Finland – the fastest event in the WRC and two years later, became the first female and at the time, the youngest-ever driver to win the Australian Rally Championship.

There are probably easier careers she could have chosen than motorsport, which involves speeds of up to 200km/hr, split-second decisions and cabin temperatures of up to 60 degrees – but Molly thrives on the challenge of this high-adrenaline sport. Indeed, her passion, fierce determination and willingness to take risks are major components of her winning formula. At the age of just 20, Molly threw in her university studies and moved to the UK to try her luck on the European rally circuit. Money was tight – she had to work on her car herself because she couldn't afford a mechanic – but her natural talent and commitment to her dream saw her win three of the six events she contested in the Suzuki Swift Sport Cup, as well as becoming the British Ladies rally champion twice. In 2011 she was one of six

drivers selected internationally for the Pirelli Star Driver World Rally Championship scholarship program.

In 2021 she won the championship of the inaugural Extreme E Series – a five race global voyage spanning four continents and designed to highlight the impact of climate change and human activity on some of the world's most remote locations, whilst promoting sustainability and the adoption of electric vehicles to protect the planet.

The series also takes the lead on gender equality in motorsport seeing teams field both a male and female driver in its races. In the 2023 series, she's teamed up with Kevin Hansen for the competitive Veloce Racing team.

No stranger to the camera, in 2020 her fitness and cool-head under pressure shone through on the reality TV series SAS Australia and she is a popular and experienced motorsports commentator who has appeared on Stan, Fox Sports and the Seven network.

In 2022 Molly entered Rally Raid -becoming the first ever Australian woman to drive the famous Dakar rally,

Molly is available for media & PR opportunities, corporate hosting and speaking and brand partnerships.





EXPERT BIO

MATILDA (TILLY) KEARNS

OLYMPIAN & WATER POLO CHAMPION

BEING AN ELITE ATHLETE TAKES COMMITMENT, SACRIFICE AND STEELY DETERMINATION – AND THANKFULLY, TILLY KEARNS HAS ALL THOSE ATTRIBUTES (AND MORE) IN SPADES.

The water polo champion, who was named best centre in the world at the 2023 World Championships at Fukuoka in Japan, grew up watching her father – former Wallaby Phil Kearns – competing on the world stage and was determined to become a global champion herself. Observing how much other people looked up to her dad taught Tilly the importance of leading and inspiring by example, which is an approach she brings to the water and her day-to-day life. A charismatic role model for young women, Tilly is dedicated to helping lower the barriers to sport for girls.

Growing up active, Tilly was 12 when she first encountered water polo, and by 15 she knew she wanted to turn her deep love for the game into a career. At 19, Tilly qualified for the Aussie Stingers (our national side), making a splash at the FINA World League Finals. The following year, she was a key member of the Stingers squad that finished fifth at the 2020 Tokyo Olympics.

The key turning point in Tilly's career was deciding to move to the USA in 2019 to get more intensive training as a member of the University of Southern California (USC) squad. It was a bold move that required her to give up a relationship, friendships, family time and the Sydney lifestyle she loved,

but one that demonstrates Tilly's resolve to succeed. And it paid off – last season, she was USC's top scorer, nailing 64 goals.

Her down-to-earth approachability has made Tilly a hit on social media, where she shares insights into the realities of life as an athlete to her highly engaged followers. She's amassed 400k followers on TikTok and 28k on Instagram, and her posts are sometimes picked up by the media, making Tilly a highly influential voice. In every post, Tilly's fun-loving side and natural delivery are palpable, as well as her devotion to a sport that often doesn't get the recognition it deserves.

Tilly's philosophy is balance. She knows all too well how important it is to balance training (and study) with pleasure, and that groundedness has given her a great foundation to weather the ups and downs of professional sport. It also means she approaches every match with a desire to have fun, rather than letting the pressure overwhelm her. The ability to turn nervousness into excitement is one of Tilly's superpowers, and is a valuable learning she instils in followers and audiences alike.

Tilly is available for media and PR opportunities, corporate hosting and speaking as well as brand partnerships.





EXPERT BIO

MARIAFE ARTACHO DEL SOLAR

OLYMPIAN & BEACH VOLLEYBALL CHAMPION

WHEN MARIAFE ARTACHO DEL SOLAR WAS PLAYING AROUND WITH A VOLLEYBALL AT THE TENDER AGE OF JUST THREE, SHE SET IN MOTION A SERIES OF EVENTS THAT WOULD TAKE HER ALL THE WAY TO THE OLYMPIC GAMES.

The beach volleyball champion, currently ranked third in the world, has had a career beyond her wildest dreams, but the true mark of success for her is being able to inspire others to pursue their passions – just as Aussie stars Kerri Pottharst and Natalie Cook once did for her.

Mariafe spent her early childhood in Lima, Peru, where she would practise digging the ball on the sidelines while her older sister competed in volleyball tournaments. At age 11, the family moved to Australia, where her brother first introduced her to beach volleyball at Manly, Sydney. It was love at first spike.

At age 13, Mariafe became a breakout star, making her international debut at the Under 19 World Championships. She went on to compete in eight world junior representative teams before qualifying for the 2016 Rio Olympics at age 21, and winning a silver medal five years later in Tokyo. That achievement – her career highlight – was the fulfilment of a goal sparked by a postcard signed by Kerri and Natalie that Mariafe had come across in her childhood. From the moment she'd seen the sporting legends' words urging people to chase their dreams, Mariafe had set her sights on becoming an Olympic medallist one day.

Now, she's determined to add to her collection of more than 20 international medals, which also includes two Commonwealth Games silvers (won in Birmingham and the Gold Coast). Not surprisingly, she's been widely tipped to earn another Olympic medal at Paris in 2024 with her teammate Taliqua Clancy.

A strong role model for aspiring athletes, Mariafe is passionate about building resilience and courage in the community. Beach volleyball is a mental game, says Mariafe, and playing in all types of weather conditions (sometimes extreme) has helped build the inner strength, discipline and confidence that she exudes in interviews and public events. And as her name suggests, she always brings a touch of sunshine.

Mariafe has launched a loungewear label called 'del Solar the Label' with her husband Jack, in response to a need for "stylish and comfortable but not daggy" clothing to wear while not competing. Like everything she does, the range reflects Mariafe's core values of being genuine and accessible.

Mariafe is available for media and PR opportunities, corporate hosting and speaking as well as brand partnerships.



For more, contact hello@thelifestylesuite.com

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EXPERT BIO

KATE PECK

TV PRESENTER & MOTORSPORT & WINE ENTHUSIAST

KATE WAS A MODEL AND PRESENTER UNTIL A CHANCE OPPORTUNITY FOR A THREE MONTH MOTORCYCLE TRIP TO AFRICA LED HER DOWN A LESS CONVENTIONAL PATH.

Bursting onto the scene at the tender age of 16 as part of Channel Ten's Search for a Supermodel, the multitalented Kate Peck could never have foreseen the incredible and versatile path that her career would take.

In the years that followed, she modelled internationally for leading fashion houses such as Alexander Wang, Bill Blass, Alexander McQueen and Vivienne Westwood while sneaking in some marketing and journalism studies online before deciding it was time to hang up her catwalk stilettos to make the switch to TV.

But before she sunk her teeth too deep into the small screen, she would take off on a trip that would change her life forever - a three-month motorcycle trip to Africa.

She returned to Australia full of moto beans and a new appreciation for adventure and motoring and almost immediately was selected to be the Formula 1 Australian Grand Prix 2012 ambassador.

Making the most of this global exposure, Kate was soon approached by MTV Australia, coming on board as their new VJ.

In the ensuing years Kate also collaborated with [Nat Geo People](#) to co-produce and star in '[A Model Adventure](#)', a series which saw Kate take on Australia's toughest challenges and environments.

In 2016, Kate was offered a hosting role with Channel 10's 'RPM' covering everything from F1 to MotoGP, AORC, Supercars, Melbourne Cup Carnival, and the opportunity to work with brands

such as Red Bull, Ducati, MINI, BMW, Lamborghini, Honda, JEEP, Cupra and KTM motorcycles.

Today she is the host of The Aus Moto Show, pit reporting and hosting for the ProMX Championship, and the Australian Superbike Championship and is a senior journalist at Torquecafe covering all things car and motorcycling - all roles she relishes as she does her bit to promote more women in motorsport; and perfectly underpinned by her role as a long term ambassador for the FIA Girls on Track program, supporting young girls and women to enter the motorsport industry. She's also found time to ride all over the globe on two wheels - including in Africa, Colombia, Wales, Sri Lanka, India and most recently Mongolia.

Balancing her love of motorsport, is Kate's fascination for wine. A personal passion, she has completed her WSET 3 qualifications and is currently enrolled in WSET 4 which will allow her to become a wine expert. Kate currently partners with a range of clients in a hosting capacity for key events in wine education. She also writes regularly for [delicious.com.au](#).

Describing herself as 'a good egg to have at dinner when the wine bible comes around' Kate loves supporting Australian producers. covering topics as diverse as food and wine pairings and travel relating to wine and spirits.

Kate is available for media opportunities, brand partnerships, TV, radio presenting, corporate hosting and keynote speaking.



JOURNALISTS & PRESENTERS

tlr



EXPERT BIO

SHELLY HORTON

TV JOURNALIST, MC AND WOMEN'S HEALTH ADVOCATE

SHELLY HORTON IS THE PERSONIFICATION OF CONFIDENCE.

She's a TV journalist, sought after MC, Women's Health Advocate and runs her own company ShellShocked Media where she teaches media and presentation training. She runs The Confidence Course where she helps people find their inner Beyoncé.

For nearly eight years, Shelly has appeared weekly on Channel Nine delivering opinion segments. She's the lifestyle presenter for 9Honey, the host of 9Honey's Talking Honey, He Said/She Said with Ben Fordham and was the host of all three seasons of Married At First Sight's spin off show Talking Married.

She has been a long-time advocate for women's health including publicly speaking up to destigmatise topics such as a woman's choice to be childfree, PCOS, dense breasts, depression and perimenopause and menopause. She has co-created online courses about confidence, health advocacy and menopause in the workplace.

She's an ambassador for the National Breast Cancer Foundation, Too Good, Pink Hope, HER Mental Health and a member of the International Menopause Society.

Her 30-year career highlights outside of Nine include, 11 years reporting for the ABC, eight years as a presenter on Channel Seven,

six years as a journalist at Fairfax and five years as the South Pacific correspondent for Entertainment Tonight USA.

Her background in live TV means she's super comfortable in front of a crowd. She has been the MC and hosted Q&A sessions for large events including corporate events for over 2000 people, charity fundraising galas for over 1000 people, champagne lunches of 100 or beauty breakfasts for just 40.

Shelly has a good sense of humour and can think on her feet. She knows how to relax a crowd or excite a group as needed. Her motto is the 5Ps (Prior Preparation Prevents Piss poor Performance) so she's always well prepared, well researched, arrives early and ensures the VIPs are made to feel special.

When it comes to keynote addresses Shelly uses her skills as a media and presentation trainer to offer tips on how to present with confidence. Her speech at a conference in Fiji, "How to nail your next presentation", received five-star reviews for the practical and entertaining content.

Shelly is available for media & PR opportunities, corporate hosting and speaking and brand partnerships.



For more, contact hello@thelifestylesuite.com

www.thelifestylesuite.com

SCOTT HENDERSON

THE GO-TO VOICE FOR HEALTH & MODERN MANHOOD

SCOTT HENDERSON UNDERSTANDS ALL TOO WELL THAT EDUCATING PEOPLE ABOUT HEALTH ISN'T ENOUGH – YOU HAVE TO SHOW THEM HOW TO MAKE WELLBEING AN INTEGRAL PART OF THEIR LIFESTYLE.

As the former editor and creative director of Men's Health magazine, and through his online men's wellness portal and Nova podcast, Live Life in Sneakers, Scott reaches a sizeable audience ranging from avid gym-goers through to everyday Aussies who want to look after themselves better but have no idea where to start.

Significantly, he has cultivated a solid following among men – a demographic which, broadly speaking, is lagging behind women in physical and mental health outcomes.

His background in marketing, brand strategy and creative direction has armed Scott with the strategic nous for targeting key audiences, while his health journalism experience has made him a dab hand at finessing high-impact messages.

As a regular health and men's lifestyle expert on Seven Network's Sunrise, and having contributed copy to nine.com.au, Vogue, Marie Claire, Who and Women's Health, Scott has established a reputation with Australians for trustworthiness.

His down-to-earth, sometimes humorous and always ahead-of-the-curve approach has endeared him to scores of readers and listeners hungry for motivation. Essentially, Scott's main appeal is that he's someone Aussies want to have a beer (or a green smoothie) with, to pick his brain about ways to live better, or just to shoot the breeze.

Whether it's running immersive events and creative campaigns with aspirational brands, directing photo shoots with fitness icons or interviewing inspirational sports figures, Scott thrives in fast-paced environments.

Having worked in the sports, health and fitness industries across the UK, USA and Spain, Scott has both the technical skills and the creative imagination to produce content that cuts through the noise, satisfies audience desire and reflects our constantly changing world.

Scott also recently released his first book, The Manual – a contemporary blueprint for modern manhood centred around life, health and happiness, and is in the early stages of writing his second book.

Scott is available for media and PR opportunities, corporate hosting and speaking, and brand partnerships.



PSYCHOLOGY

tlr



EXPERT BIO

DR TIM SHARP

PSYCHOLOGIST, AUTHOR & SPEAKER

DR TIM SHARP IS AUSTRALIA'S VERY OWN 'DR HAPPY', AT THE FOREFRONT OF THE POSITIVE PSYCHOLOGY MOVEMENT AND FOUNDER OF THE HAPPINESS INSTITUTE.

With three degrees in psychology (including a Ph.D.) and an impressive record as an academic, clinician and coach, Dr Happy has run one of Sydney's most respected clinical psychology practices, a highly regarded executive coaching practice, and is founder and CHO (Chief Happiness Officer) of The Happiness Institute, Australia's first and largest organisation devoted to enhancing happiness.

After more than 10 years of formal psychology study, and another decade lecturing in and researching human behaviour and emotion, he has taught at most of the major universities in Australia and is currently Adjunct Professor at both UTS and RMIT. Actively involved in research, his key areas of interest include enhancing happiness at work and promoting healthy living via positive psychology principles.

Tim is the best-selling author of a number of books including The Good Sleep Guide, The Happiness Handbook, 100 Ways to Happiness: a guide for busy people, 100 Ways to Happy Children: a guide for busy parents and Live Happier, Live Longer – your guide to positive ageing; and over the past 2 years has written and recorded a staggering 6 audiobook titles in his Habits for Happiness series for Audible

– the first book of which has been downloaded over 1million times, alone.

He is an engaging and sought-after public speaker, accomplished presenter and regular on Australian and International television screens, featuring on Today, The Morning Show, Studio 10, The Project, SBS Insight and a host of other programs. He also contributes to a variety of print and online media, including Body & Soul, SMH, The Australian Financial Review, The Weekend Australian, Sunday Life and Mamamia.

He has consulted multinational organisations and worked with clients from all corners of society and business – making his appeal and ability to resonate with any audience one of his greatest strengths.

After tireless efforts for more than 25 years to improve mental health and promote happiness and positivity, he is firmly in the eye and mind of the public as a leader in mental health and the authority on all things happiness.

Dr Happy is available for all types of media opportunities, TV and radio presenting, brand partnerships, corporate speaking and training.



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EXPERT BIO

DR KIERAN KENNEDY

MEDICAL DOCTOR, PSYCHIATRIST AND MENTAL HEALTH ADVOCATE

A PSYCHIATRIST WITH DEGREES IN PSYCHOLOGY, HUMAN PHYSIOLOGY AND MEDICINE/SURGERY, KIERAN'S EXTENSIVE EXPERIENCE AND QUALIFICATIONS PLUS A DOWN-TO-EARTH NATURE MAKE HIM UNIQUELY PLACED TO GUIDE AUSTRALIANS ON MATTERS OF HEALTH AND WELLNESS.

Kieran is a passionate advocate for mental wellness, and men's health and fitness, and is committed to pushing back on the stereotypes that prevents people taking good care of their health – both body and mind. One of his strongest messages is the importance of being physically fit in order to be mentally fit. And he's not just paying lip service – Kieran is actively living his message as a fitness and sports devotee, and has even worked in bodybuilding and fitness modelling.

His clinical work spans assisting crisis patients in the emergency department to supporting outpatients with both mental health and neurological disorders. Through both his clinical work in psychiatry and his media work, Kieran is committed to delivering a modern take when it comes to our approach to health and wellbeing. He's known for distilling complex medical information into easy-to-grasp everyday language.

The need to bolster mental resilience among the population and the increasing prevalence of body image issues in men are both key areas of concern for Kieran. And the mission that really drives him is the

quest to create a climate where people become open about discussing their mental health challenges without stigma.

Given his easy-going nature and relatability, it's easy to see why Kieran has become a go to voice for physical and mental wellbeing, regularly writing for Men's Health magazine, GQ and The House of Wellness, and being quoted in outlets such as WebMD, Mamamia and Vice. He's also a favourite on the small screen, making appearances on The Morning Show, Today, A Current Affair and Studio 10. On top of all that, his experience includes hosting Ticker Health weekly on global streaming news platform Ticker News, speaking directly to a new generation facing unique mental health challenges in the digital age.

His expertise has also seen him in demand as a keynote speaker and Kieran has spoken at events, both in the corporate environment and for public health related campaigns and seminars.

Kieran is available for media and PR opportunities, corporate hosting and speaking, and brand partnerships.



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EXPERT BIO

DR LEANNE HALL

CLINICAL PSYCHOLOGIST, THERAPIST, PRESENTER
& AUTHOR



AN EXPERIENCED PSYCHOLOGIST WITH ADDITIONAL QUALIFICATIONS IN HEALTH AND FITNESS, LEANNE HAS AN IMPRESSIVE CAREER AS A THERAPIST FOR OVER 25 YEARS.

She's worked in the media for several years, is regularly quoted by a number of online and print publications and has featured on a variety of broadcast programs including The Living Room, Studio 10, and Channel 7's Bride & Prejudice.

She is the author of Head First Health Fast, the Smart Approach to Outwitting Body Issues and Sustaining Achievable Health, and is a fierce advocate of the anti-diet movement, and celebrating diversity in all its forms.

Leanne also has a passion for youth mental health and works for a Youth Charity which centres the lived experience of young people in all aspects of program design and delivery. Building a mental health workforce of Lived Experience (Peer) Workers has been a primary focus, driving significant Government Lobbying and pushing for mental health system reform.

Also, a keen researcher, in 2023 Leanne completed her PhD at Sydney University in Clinical Psychology where she used arts based qualitative research methods to investigate the embodied experiences of injured ultra-runners. Through her research, Leanne has developed a deep understanding of the endurance mindset, and often presents at conferences and corporate speaking events about how this mindset can help us 'endure' in everyday life.

She is also a wife and mum of an adult daughter and teenage son. She believes in the value of investing in loved ones, resisting the 'busy' epidemic and making a conscious choice every day to prioritise what matters most.

Leanne is available for media opportunities, brand partnerships, TV, radio presenting and corporate keynote speaking.



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EXPERT BIO

MARK MATHIESON

ECO-PSYCHOLOGIST

MARK MATHIESON IS NOT YOUR AVERAGE PSYCHOLOGIST. HIS UNIQUE APPROACH HELPS AUSTRALIANS LIVE LONGER, MORE PURPOSEFUL AND MEANINGFUL LIVES BY RECONNECTING WITH THE ECOLOGICAL VERSION OF OURSELVES.

Ecopsychology is an approach to mental health that views humans as being connected to nature, focusing on understanding your physical health, social health, spiritual beliefs and environment, rather than simply engaging in traditional talking therapies.

Mark's path to ecopsychology took shape when he noticed how many people were anxious, stressed and disillusioned as a result of trying to keep up with career, financial and relationship pressures, and modern life in general.

Interested in helping people reconnect to an ecological version of themselves in order to live more meaningful, purposeful, long and flourishing lives, Mark is passionate about helping Australians understand that many of our daily routines can easily become ecopsychological practices, we just don't realise it. He wants to teach people how to change the world and themselves all at once, whether it be by getting sunlight in the morning, taking a walk in nature, tending to our veggie patch or nourishing our bodies with nutritious food.

Mark's career has been anything but a conventional path. He started as a sports psychologist before entering the military where he was deployed to Afghanistan several times – testing his resilience and wellbeing to

the limit. His duties involved psychological screening and intervention as well as selection and recruitment. After leaving the military, he held positions in the corporate sector – but true to form, not your typical office environments.

Mark has created recruitment programs for oil companies in Papua New Guinea, debriefed winter expeditioners in the Australian Antarctic Program and recruited indigenous youth for mining jobs in Western Australia. He has also served as production psychologist on a number of reality TV shows including Survivor and SAS Australia.

The common thread underpinning his breadth of work is helping humans develop patterns of sustainable high performance – an experience that his dynamic resumé has given him unique insight into.

Mark's holistic approach embraces the connection between nature and wellbeing – making him a fascinating thought leader and expert on human behaviour. His passion for ecopsychology is truly contagious.

Mark is available for media interviews and appearances, speaking events and KOL campaigns.



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WELLBEING & LIFESTYLE

tlb



EXPERT BIO

DR GINA CLEO

EXPERT IN HABIT CHANGE AND WELLBEING & DIETITIAN

DR GINA CLEO IS ONE OF THE WORLD'S LEADING EXPERTS IN HABIT CHANGE AND WELLBEING AND HAS DEDICATED HER CAREER TO HELPING PEOPLE UNDERSTAND THEIR HABITS AND HOW SMALL CONSISTENT STEPS CAN LEAD TO LONG TERM IMPACTS ON AN INDIVIDUAL'S HEALTH AND WELLBEING.

Dr Gina Cleo has a PhD in habit change, specialising in sustainable health and wellbeing and is an Adjunct Professor at Bond University, and the Director of the Habit Change Institute. Gina also holds a Bachelor in Health Sciences with a double major in Biomedical & Sport Science & a Masters of Nutrition and Dietetics.

After spending 11 years working as a clinical dietitian in hospitals and private practice, Gina discovered a purpose beyond the clinic and decided to focus on "the why", after seeing many people lose weight, only to gain it back again.

In 2017, Gina completed her PhD at Bond University in sustainable habit-change to achieve positive, long-term health and wellbeing outcomes. Gina is now recognised as a leading Australian researcher in the area and has developed two programs through The Habit Change Institute, which she founded – Creating Healthy Habits and the Habit Practitioner Course. She loves applying her research insights to the real world by communicating evidence-based research and methodologies in an authentic and relatable way that's digestible for everyday Australians.

Her research has been published in highly reputable medical journals globally and she has appeared on over 200 news outlets, including many Australian television networks, sharing her expertise on ABC News, Channel 9's Today Show and Channel 10's Studio 10 and internationally on America's NBC News. She has also featured in a number of publications such as the New York Post, 9Honey Coach, Women's Health, News.com.au and MiNDFOOD.

An intelligent and charismatic woman, Gina is also passionate about promoting and supporting women in STEM, and these days she divides her time between research and lecturing at Bond University and working and consulting with corporates and health practitioners to change lifestyles and workplaces and inspire healthy habits.

Dr Gina is available for keynotes, brand and campaign partnering, content creation, and media opportunities.



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DR NIKKI GOLDSTEIN

RELATIONSHIP AND DATING EXPERT & SEXOLOGIST

NIKKI'S FRESH, BALANCED AND CANDID INSIGHTS ON THE SUBJECTS OF SEX, DATING AND RELATIONSHIPS STRIKE A CHORD AND NORMALISE THE SUBJECTS SHE DEALS WITH, MAKING HER INSTANTLY APPROACHABLE.

Dr Nikki Goldstein holds a Bachelor's Degree in Psychology, a Postgraduate Diploma in Counselling from Bond University and a Doctorate of Human Sexuality from San Francisco's esteemed Institute for Advanced Study of Human Sexuality.

Prior to receiving her doctorate, Nikki worked in mediation at Relationships Australia for couples going through divorce. This led to her interest in the importance of communication and its part in intimacy.

A highly credible authority on the topics of love, sex, dating, romance and relationships, Nikki is open minded, curious and always open to learning. In her own words:

"The work I do is on a larger scale. I am a sex researcher and educator helping people not only with their relationships, sex and romantic lives but also with their general wellbeing and their lives at large"

Real, poised and self-assured, Nikki radiates effortless charm and is a wonderful entertainer.

Today she is Australia's modern day media commentator and expert on all things sex, relationships and EVERYTHING in between.

Nikki is the author of book #singlebutdating - a single girls guide to life in a modern dating world and is the host of Podcast One's Sex and Life - a series about opening our eyes to the ways in which sex and intimacy play a key role in our lives and relationships.

She appears regularly on shows such as House of Wellness and Studio 10 and appeared in Channel 9's The Last Resort. Nikki writes regularly for a range of publications including news.com.au, Body&Soul, Rendezview, PedestrianTV and various online and print publications.

Twice voted Australia's Best Sex Educator by Eros Shine, she's bright, honest and already has a credible background her peers would envy.

Nikki is available for media interviews and appearances, speaking opportunities, PR and advertising campaigns, TV and radio presenting.



RENOVATION & DESIGN

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EXPERT BIO

MICHAEL AND CARLENE

INTERIOR DESIGN, STYLING & RENOVATION EXPERTS

MICHAEL AND CARLENE DUFFY FIRST APPEARED ON OUR TV SCREENS IN 2014 AS PART OF CHANNEL 9'S THE BLOCK GLASSHOUSE AND RENO RUMBLE. SINCE THEN, THE DYNAMIC DUO HAVE BEEN IN HIGH DEMAND - AS THE HOSTS OF 9 LIFE'S READY SET RENO, OPEN HOMES AUSTRALIA AND RENOVATE OR REBUILD.

A passion for renovation launched Michael and Carlene into Channel 9's The Block Glasshouse. Averaging more than 1.3 million viewers each episode, Australia watched as Michael and Carlene worked tirelessly week in, week out to create a truly exceptional home.

A professional carpenter and project manager, Michael mapped layouts and managed contractors whilst Carlene's eye for design added an element of sophistication and style.

Today they run a successful interiors and design blog and e-design business, Cedar & Suede which effectively combines the couple's design eye, experience, and creativity, to provide the best in unique and comprehensive renovation and design. Entertaining and humorous, the unstoppable team have always maintained an upbeat personality, a calm composure and dry wit.

Together under the keen guidance of Carlene, and by chronicling their work, through short digital videos and stories,

they have built a strong and engaged audience across their social platforms sharing everything from their life hacks to tips and advice about building, design and styling.

With an ever-growing list of accomplishments, Michael and Carlene are always finding new ways to apply their renovating skills and as avid campers have added transforming vintage caravans to their list of accomplishments - having completed five restorations to date whilst documenting the journey and their first book - *This Old Van* - was release in April 2023.

Michael and Carlene are available for brand partnerships, media opportunities, appearances and TV presenting.



For more, contact hello@thelifestylesuite.com

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EXPERT BIO

DEAN IPAVIZ

**BUILDER
& SUSTAINABILITY EXPERT**

DEAN IS A QUALIFIED CARPENTER, AND REGISTERED BUILDER & PROJECT MANAGER WITH A LOVE OF THE ENVIRONMENT AND A WILLINGNESS TO SHOW PEOPLE BETTER WAYS TO SUSTAINABLE BUILDING PRACTICES.

Born and raised on Melbourne's picturesque Mornington Peninsula by hardworking blue collar Italian migrants, over the years, Dean has become extremely passionate about the environment and is committed to sustainability and creating awareness around sustainable building practices.

By educating clients, fellow tradesmen and viewers alike by introducing the three R's (reduce, re-use, recycle), Dean is on a mission to make green building principles and practices more accessible and the go-to choice for the average renovation or new build.

Dean's strong project management experience combined with his vast building knowledge has come in handy in his roles as co-host of the ABC's Escape from The City, Best Houses Australia on 7two and Dream Home Ideas on The Lifestyle Channel.

Inspired by his experience as host of Escape from the City, in 2018, Dean made his own 'escape from the city' relocating to Byron Bay with his partner.

He has a love of second-hand furniture and spends much of his spare time upcycling old pieces, turning them into functional works of art.

It is this genuine love of upcycling and restoring old pieces of furniture that led Dean to his most recent role as host of Foxtel's 'The Repair Shop'. A huge hit with TV audiences all over the world, The Repair Shop features craftspeople rescuing treasured possessions and returning them to their former glory.

In addition to his media work, Dean also runs his own building business, Verdecon, servicing the entire East Coast of Australia and dedicated to educating people around sustainable building principles and helping them understand that by taking active steps to reduce their carbon footprint, they can have a significant and positive impact on the environment.

Dean loves all things outdoors so if he's not out surfing in his free time, you'll more than likely find him on the golf course or travelling the world.

Dean is available for all types of media and PR opportunities, brand partnerships and TV presenting.



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EXPERT BIO

BARDIE SOMERVILLE

CARPENTER & ADVOCATE FOR WOMEN

WOMEN MAKE UP JUST 13 PER CENT OF THE CONSTRUCTION TRADE IN AUSTRALIA, AND BARDIE SOMERVILLE IS DEDICATED TO MAKING SURE THAT NUMBER INCREASES.

As a qualified carpenter turned site manager, she knows firsthand the value that women bring to trades – and her experiences on the job have given her a unique perspective to share across media stories and events. It has also ignited a fire in her to position herself as a pioneering force for other women who want to succeed in trades.

If Bardie's face looks familiar, that's because her tenacity and authentic spirit lit up TV screens in Network Ten's reality show *The Bridge*, where she was one of 12 Aussies tasked with building a bridge in the remote Tasmanian wilderness. Her carpentry skills and courage made her a key figure on the show, and her determination won her fans across the country – and saw her eventually crowned the winner.

That's what makes Bardie such an inspiring voice. Not only is she willing to go against the grain, she's deeply committed to lifting up other women, both in her industry and in the wider community. She brings the same energy to media and events as she does to job sites – a strength and zest for life that motivates everyone around her.

Having had a rough start to life, Bardie has the ability to empathise with a wide range of audiences and inspire them to reach greater heights. For that reason, she's a strong advocate for mental wellness and breaking the cycles that hold people back.

As a prominent figure in her industry, Bardie is a brand-friendly ambassador with strong commercial appeal. She's currently in the midst of renovating her own home, a journey she's sharing with others on her popular Instagram account @bards.builds, where she's proving that it is possible for women to create the home of their dreams.

Bardie is available for media and PR opportunities, corporate hosting and speaking, and brand partnerships.



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ANIMAL HEALTH

tl8

EXPERT BIO

DR CLAIRE STEVENS

VETERINARIAN

IF YOU'VE EVER TURNED TO SOCIAL MEDIA FOR ANIMAL ADVICE, YOU'VE LIKELY BENEFITED FROM THE WISDOM OF DR CLAIRE STEVENS. THE MEDIA-FRIENDLY VET HAS HELPED SCORES OF AUSSIE PET OWNERS AS AN IN-DEMAND EXPERT ON TV, MAGAZINES AND SOCIAL MEDIA AS WELL AS THE AUTHOR OF A POPULAR BOOK.

Dr Claire's warm, compassionate nature coupled with her ability to understand the array of challenges facing animal lovers has made her a trusted animal-care authority for pet lovers and peers alike.

Her extensive media experience includes regular appearances on Studio Ten and Sky News, as well as print interviews in publications such as Woman's Day magazine and the Herald Sun newspaper. Driven by a desire to empower and support pet owners on a larger scale, in 2020 she wrote her first book Dr Claire's Love your Dog, which has become a well-thumbed bible in many Aussie homes.

Vets have also benefited from Dr Claire's vision. In her 10+ years as a small animal veterinarian, Dr Claire has owned three vet practices, giving her insight into how her profession can better connect with pet owners to ultimately create happier and healthier environments for animals.

While vets are wonderful at detecting what animals need, it can be challenging to translate that information to the humans who care for them – and, through her training business, Global Vet Solutions, Dr Claire is on a mission to improve that.

This passionate animal advocate developed a CPD-certified and Australian Veterinary Association-recognised course called Effective Consultation and Communication Skills which she now teaches to vets. Through the respect she's garnered in her industry and her innovative approach to small animal care, Dr Claire has become an inspiring speaker at events across the country.

Dr Claire's qualifications include a Bachelor of Veterinary Science from the University of Queensland, a Certificate of Veterinary Public Health from the University of Sydney and a Master Certificate in Business and Communication Skills. She still practices regularly as a locum vet at various clinics around Northern NSW and at Pet Wellness Centres on the Gold Coast, keeping her connected to current concerns faced by animal owners.

Claire is available for media and PR opportunities, TV presenting, industry events and brand partnerships.



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EXPERT BIO

INDY THOMPSON

COMPETITIVE FISHER AND MARINE SCIENTIST

COMPETITIVE FISHER INDY THOMPSON LEARNED VERY EARLY ON THAT PHYSICAL STRENGTH IS NO ADVANTAGE WHEN YOU'VE GOT A ROD AND REEL – GOOD TECHNIQUE IS WHAT ULTIMATELY HELPS YOU LAND THE BIGGEST CATCH.

But despite the fact that gender doesn't matter in fishing, Indy is usually one of only a handful of females at tournaments – which is why she's dedicated to getting more women involved in the sport. Nothing makes Indy happier than being out on the water chasing fish that are sometimes the size of a small car, which she's been doing with her family since she was a small child. Her competitive nature saw her take this passion beyond a hobby and into the sporting domain, with huge success. At the age of 16, Indy caught a massive 267.4kg swordfish off the coast of St Helens, Tasmania, netting her the female junior world record title – a record she still holds.

In her day job as a marine scientist, Indy is a strong advocate for sustainable fishing, working hard to make sure Aussies can continue to enjoy the sport for generations to come. Indy– who has a Bachelor of Marine Environment majoring in Fisheries Management and a Bachelor of Marine and Antarctic Science with first class honours – now enters 'tag and release' tournaments rather than 'capture' events, to ease the pressure on fish populations.

Bubbly and confident, Indy lit up TV screens on Nine Network reality show The Summit in 2023, where she was one of 14 contestants competing to scale a mountain. Despite being afraid of heights, her courage and willingness to tackle the gruelling challenge made her an inspiration to audiences.

Indy's ambitious nature combined with her friendly demeanour make her a fantastic role model for youth, particularly young women – little wonder she's often approached for advice on getting started in fishing. She writes a column in fishing magazine The Captain and regularly speaks at global conferences, with her knowledge and passion always making an impact.

Indy is available for media and PR opportunities, corporate hosting and speaking as well as brand partnerships.





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THE *lifestyle* SUITE

